



When I am lonely, I am insecure.

If we do not address our loneliness, it has the power to erode our emotional, spiritual, and physical health.

SERIES BIG IDEA:

Loneliness is a gift that leads me to Jesus and allows me to experience His greater grace.

Reach up to receive God's grace in loneliness and reach out to give to others in my loneliness.

R: Recognize my loneliness, including it's source, symptoms, and risks.

E: Express my loneliness to God and another person.

A: Anticipate that God will transform my loneliness into something positive and useful for His purposes.

C: Choose to connect with God and others.

H: Honor God in my loneliness by dedicating my season of loneliness to God.

¹ Lord, hear my prayer! Listen to my plea! ² Don't turn away from me in my time of distress. Bend down to listen, and answer me quickly when I call to you. ³ For my days disappear like smoke, and my bones burn like red-hot coals. ⁴ My heart is sick, withered like grass, and I have lost my appetite. ⁵ Because of my groaning, I am reduced to skin and bones.

Psalm 102:1-5 (NLT)

Loneliness is a feeling that I'm invisible and insignificant.

⁶ I am like an owl in the desert, like a little owl in a far-off wilderness. ⁷ I lie awake, lonely as a solitary bird on the roof.

Psalm 102:6-7 (NLT)

Loneliness is the feeling that no one wants to be with me.

⁸ My enemies taunt me day after day. They mock and curse me. ⁹ I eat ashes for food. My tears run down into my drink ¹⁰ because of your anger and wrath. For you have picked me up and thrown me out. ¹¹ My life passes as swiftly as the evening shadows. I am withering away like grass.

Psalm 102:8-11 (NLT)

Loneliness is a feeling that stems from the lie that we are inadequate and unworthy of relationship.

¹² But you, O Lord, will sit on your throne forever. Your fame will endure to every generation. ¹³ You will arise and have mercy on Jerusalem—and now is the time to pity her, now is the time you promised to help. ¹⁴ For your people love every stone in her walls and cherish even the dust in her streets. ¹⁵ Then the nations will tremble before the Lord. The kings of the earth will tremble before his glory. ¹⁶ For the Lord will rebuild Jerusalem. He will appear in his glory. ¹⁷ He will listen to the prayers of the destitute. He will not reject their pleas.

Psalm 102:12-17 (NIV)

- God hears my lonely cries and prayers.
- The Psalmist shifts his focus from himself and focuses on God's character and the pain of others.

²⁵ Long ago you laid the foundation of the earth and made the heavens with your hands. ²⁶ They will perish, but you remain forever; they will wear out like old clothing. You will change them like a garment and discard them. ²⁷ But you are always the same; you will live forever. ²⁸ The children of your people will live in security. Their children's children will thrive in your presence.

Psalm 102:25-28 (NLT)

- It is powerful when I trust that God is with me even though I feel lonely.
- The resurrection of Jesus is the evidence that God's Spirit is with me everywhere, all the time.

**THE
FEELINGS OF
LONELINESS**

**WEEK
TWO**

**THE Wilderness
OF LONELINESS**

TEACHING BIG IDEA:

God is with me in my loneliness, and I will experience His grace when I connect with Him.

Psalm 139:1-18

I am secure when I believe God sees me, knows me, and is always with me.



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TEACHING SUMMARY:

When you are lonely, do you rely on your feelings or do you lean on your faith? Left unchecked, our feelings of loneliness have the potential to erode our emotional health, damage our physical health, and even create distance between us and God and others.

The best way to address our loneliness is to rely on our faith in God and what is true. In Psalm 102, the songwriter "recognizes" his loneliness, its symptoms, and its sources. He "expresses" his loneliness to the Lord. As he continues, the writer "anticipates" that God will work things out for God's glory. The songwriter has clearly made a "choice" to connect with God in his loneliness. Next, he shifts his focus from his own feelings to his faith in God's faithfulness and the pain of others. By leaning on his faith, the songwriter honors God even though he struggles in loneliness.

We can rest in the truth that God is with us everywhere, all the time, because of the resurrection of Jesus Christ. God powerfully works when we rely on our faith, not our feelings. God knows us and sees us because He loves us!

TALK-IT-OVER:

What feelings does loneliness evoke in you?

In seasons of loneliness, is your default to believe more firmly in your emotions or in your faith?

How does it feel to know that God hears your lonely cries and prayers?

Where have you experienced the security that God sees you, knows you, and is always with you? Where do you struggle with believing that?

What is one next step you need to take today?

Who do you need to tell about what you've learned?

DAILY SCRIPTURE READING:

Day 1) Proverbs 3:1-8

Day 2) Psalm 20:6-8; 125:1-2

Day 3) Psalm 91:1-16

Day 4) John 14:15-21

Day 5) Romans 8:14-17

Day 6) John 14:26-27